

CLASS 12 PHYSICAL EDUCATION
MODEL QUESTION PAPER –(SET- 7)

Time: 3 Hours | Maximum Marks: 80

SECTION A – MCQs (1×20=20)

1. Assertion (A): Overtraining decreases performance.
Reason (R): Excessive load without adequate recovery affects body systems.
 - a) Both A and R true, R correct explanation
 - b) Both true, R not correct explanation
 - c) A true, R false
 - d) A false, R true

2. The main physiological factor determining endurance is:
 - a) Lung capacity
 - b) Bone length
 - c) Height
 - d) Reaction time

3. The nutrient required in highest quantity for endurance athletes is:
 - a) Protein
 - b) Fat
 - c) Carbohydrate
 - d) Vitamins

4. The training method which combines continuous and interval training is:
 - a) Circuit training
 - b) Fartlek training
 - c) Weight training
 - d) Plyometric training

5. Anxiety that improves performance is called:
 - a) Distress
 - b) Eustress
 - c) Fear
 - d) Depression

6. The ability to react quickly to a stimulus is:
 - a) Speed
 - b) Reaction ability

- c) Strength
 - d) Flexibility
7. The committee responsible for resolving disputes during competition is:
- a) Technical committee
 - b) Finance committee
 - c) Protest committee
 - d) Medical committee
8. BMI between 18.5–24.9 indicates:
- a) Underweight
 - b) Normal weight
 - c) Overweight
 - d) Obesity
9. Newton’s Third Law is related to:
- a) Inertia
 - b) Acceleration
 - c) Action–reaction
 - d) Gravity
10. Female athlete triad mainly affects:
- a) Bone health
 - b) Hair growth
 - c) Height
 - d) Vision
11. The best test for agility is:
- a) Cooper test
 - b) Sit and Reach
 - c) Shuttle Run
 - d) Harvard Step Test
12. Continuous training is best suited for:
- a) 100m sprint
 - b) Marathon
 - c) High jump
 - d) Shot put
13. The term ‘Mesocycle’ usually lasts for:
- a) 1 day
 - b) 1 week
 - c) 1 month
 - d) 1 year

14. Doping control is mainly done by:
- a) IOC
 - b) WADA
 - c) FIFA
 - d) WHO
15. Flat foot is caused due to weakness of:
- a) Arm muscles
 - b) Arch muscles
 - c) Neck muscles
 - d) Thigh muscles
16. Motivation coming from rewards is:
- a) Intrinsic
 - b) Extrinsic
 - c) Positive
 - d) Internal
17. The study of lever systems in sports comes under:
- a) Psychology
 - b) Biomechanics
 - c) Physiology
 - d) Sociology
18. The principle of specificity means:
- a) Same training for all
 - b) Training according to sport requirement
 - c) No training
 - d) Random training
19. The RICE method includes all except:
- a) Rest
 - b) Ice
 - c) Compression
 - d) Exercise
20. Psychological strategy to control anxiety is:
- a) Meditation
 - b) Overtraining
 - c) Doping
 - d) Isolation

SECTION B – Short Question (2×6=12)

21. Define specificity principle.
 22. Write two effects of exercise on circulatory system.
 23. What is overtraining?
 24. Define coordinative ability.
 25. Write two causes of knock knees.
 26. What is intrinsic motivation?
-

SECTION C – 3 Marks (3×8=24)

27. Explain physiological factors determining endurance.
 28. Describe types of strength with examples.
 29. Explain causes and corrective measures of scoliosis.
 30. Discuss components of balanced diet for athletes.
 31. Explain principles of training in detail.
 32. Describe psychological techniques to enhance performance.
-

SECTION D – Long Question (4×6=24)

33. Explain planning and organization of sports events with committees.
34. Describe training methods to improve speed, endurance and strength.
35. Explain classification and management of sports injuries in detail.
36. Discuss role of motivation and leadership in sports performance.